



Subject Area: Wellness	Course: Grade 4 PE	
Unit 5 Title: Volleying	Start Date: January	End Date: March
Unit Summary: Students will be introduced to the fundamental skills of hand volleying; students will learn and practice proper hand positioning, coordination, and timing required for successful hand volleying. Emphasis will be placed on developing control and accuracy in directing the ball. Various drills and activities, including partner exercises and small-group games, will be incorporated to reinforce these skills and promote teamwork.		

Stage 1: Desired Results

Massachusetts Learning Standards

Motor Skill Development

CH.PH.02.01 Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance"

CH.PH.02.02 Use a variety of manipulative (throwing, catching, striking), locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping), and non-locomotor (twisting, balancing, extending) skills as individuals and in teams"

Personal and Social Competency

CH.PH.02.07 Demonstrate responsible personal and social conduct used in physical activity settings

Feelings and Emotions

CH.SEH.05.02 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being

Identity

CH.SEH.05.03 Define character traits such as honesty, trustworthiness, self-discipline, respectfulness, and kindness and describe their contribution to identity, self-concept, decision-making, and interpersonal relationships"

CH.SEH.05.04 Describe the effects of leadership skills on the promotion of teamwork

Communication

CH.SEH.07.02 Apply both verbal and non-verbal communication skills to develop positive relationships and improve the social environment of the school

Transfer (Authentic, relevant application of learning to new situations)

Students will be able to independently use their learning to...

- use a variety of volleying patterns in small sided practice tasks and games

Meaning

Enduring Understandings

Students will understand that...

- Effective communication skills are crucial for success in individual and team activities. Words can have a significant impact on our performance and that of others.
- Collaboration and teamwork are essential for achieving common goals in any environment. A team is more than just a group of individuals; it involves coordination, cooperation, and trust.
- Understanding and improving our own physical abilities is essential to maintain an active and healthy lifestyle for a lifetime. Knowledge of the body's function can improve our performance in various activities.
- Regular practice of skills is necessary to improve performance, and the principles learned in one activity can transfer to others. Understanding the concepts of movement is crucial for mastering a skill and developing proficiency in various activities.

Essential Questions

Students will consider...

- How does effective communication contribute to individual and team success in various activities?
- What are the key elements of effective collaboration and teamwork, and how can we develop these skills?
- How can we improve our physical abilities and maintain an active and healthy lifestyle for a lifetime?
- How can the practice of skills in one activity transfer to others, and how do the concepts of movement contribute to proficiency?
- What are the basic skills and techniques required for various activities, and how can we combine them to create more complex movements?
- How can we demonstrate good sportsmanship and teamwork in various activities, including volleyball, basketball, soccer, and dance?

Acquisition	
Knowledge	Skills
Students will know... • Underhand volley • Forearm Volley • Force • Court awareness • Reaction time/ready position • Volleying technique • Strategies & tactics • Rules & game understanding • Sportsmanship	Students will be skilled at... • Volleying underhand using a mature pattern, in a dynamic environment (e.g., 2 square, 4 square, handball) • Combining traveling with manipulative skills of striking in teacher- and/or student-designed small-sided practice tasks • Applying the concepts of direction and force when striking an object with a short-handled implement, sending it toward a designated target • Performing underhand volley/serve to start game play; contacting open palm, arm swings back to front • Knowing which volleying strike to use • Using appropriate amount of force to send the ball over the net, or pass to a teammate • Communicating with teammates and opponents - calling for the ball, respecting teammates & opponents, offering feedback, etc • Understanding rules - how many hits, how to score, etc • Being in the ready position - knees bent, heels up